

BDA Food Services Specialist Group 2021 Study Day & AGM



Housekeeping

- Please keep your microphones on mute unless you are speaking
- Question time will be provided at the end of each section. Please raise your hand or type your question in the chat
- A recording of the study day will be available on the FSSG page of the BDA website



Welcome

Lauren Bowen
Chair FSSG



Agenda



2:00pm:

Food service updates

- Emily Stuart, FSSG Committee Member
- Katherine Crossfield, Hospital Food Review Expert Panel
- Megan Hughes, Digest Review Lead



2:30pm:

Healthy eating for older adults

- Alison Smith & Vittoria Romano, Older People's Specialist Group



3:00pm:

Focus on sustainability

- Leanne McDowell, FSSG Co-Secretary & Joanna Instone, FSSG Resource Officer
- Andrea Rymer, The Vegan Society



3:30pm:

FSSG AGM

- Ruth Smith, FSSG Co-Secretary

4:00pm:

Finish

Food Service Updates

Emily Stuart
FSSG Committee Member



Food Service Updates

2020/2021 has been a big year for food service and food service dietetics!

We have seen the publication of various new legislation and guidelines that have changed or informed our practice, or will do in the future.



Food Service Updates



- Natasha's Law (AKA The UK Food Information Amendment).
- Came into force October 1st 2021 in England, Wales, Scotland & NI.
- Requires all food outlets to provide full ingredients list with clear allergen labelling on **PPDS food**.
- PPDS – Pre-Packed for Direct Sale; food that is prepared, prepacked and offered/sold to consumers on the same premises.
- Previously - foods prepared in house and packaged for later sale were not required to be labelled individually.
- Labelling is core to the recommendations, although staff training, raising awareness & production practices in food service environments are all very important to consider.



Food Service Updates

Natasha's Law – examples of PPDS

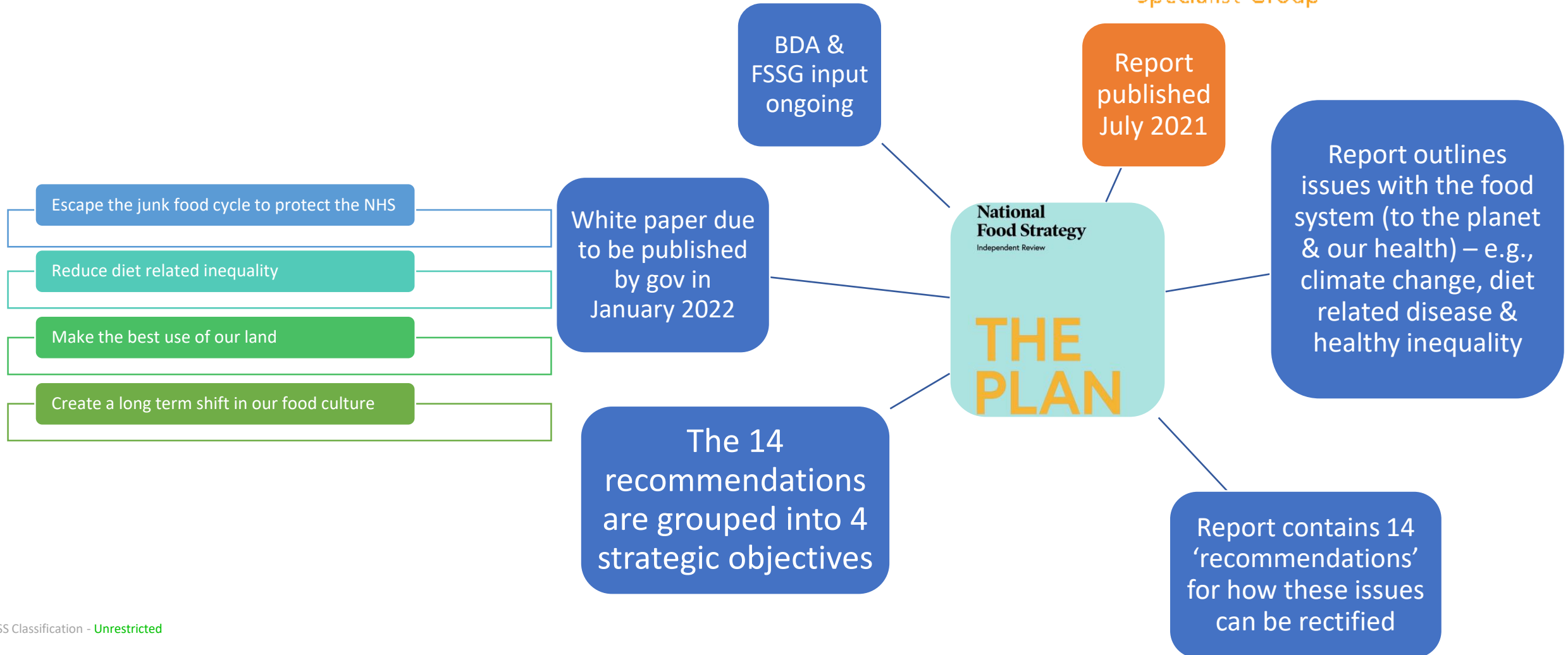
- A burger that is boxed/wrapped & placed under hot lamps for 'grab & go' - PPDS
- A burger that is boxed/wrapped after ordering – NOT PPDS



(allergen info must still be provided but can be via other means, e.g., verbal)

Businesses selling PPDS must ensure info on the 14 allergens are available to consumers before purchasing, & also when it is received





The Hospital Food Review- One year on

FSSG Study Day, November 2021

Katherine Crossfield

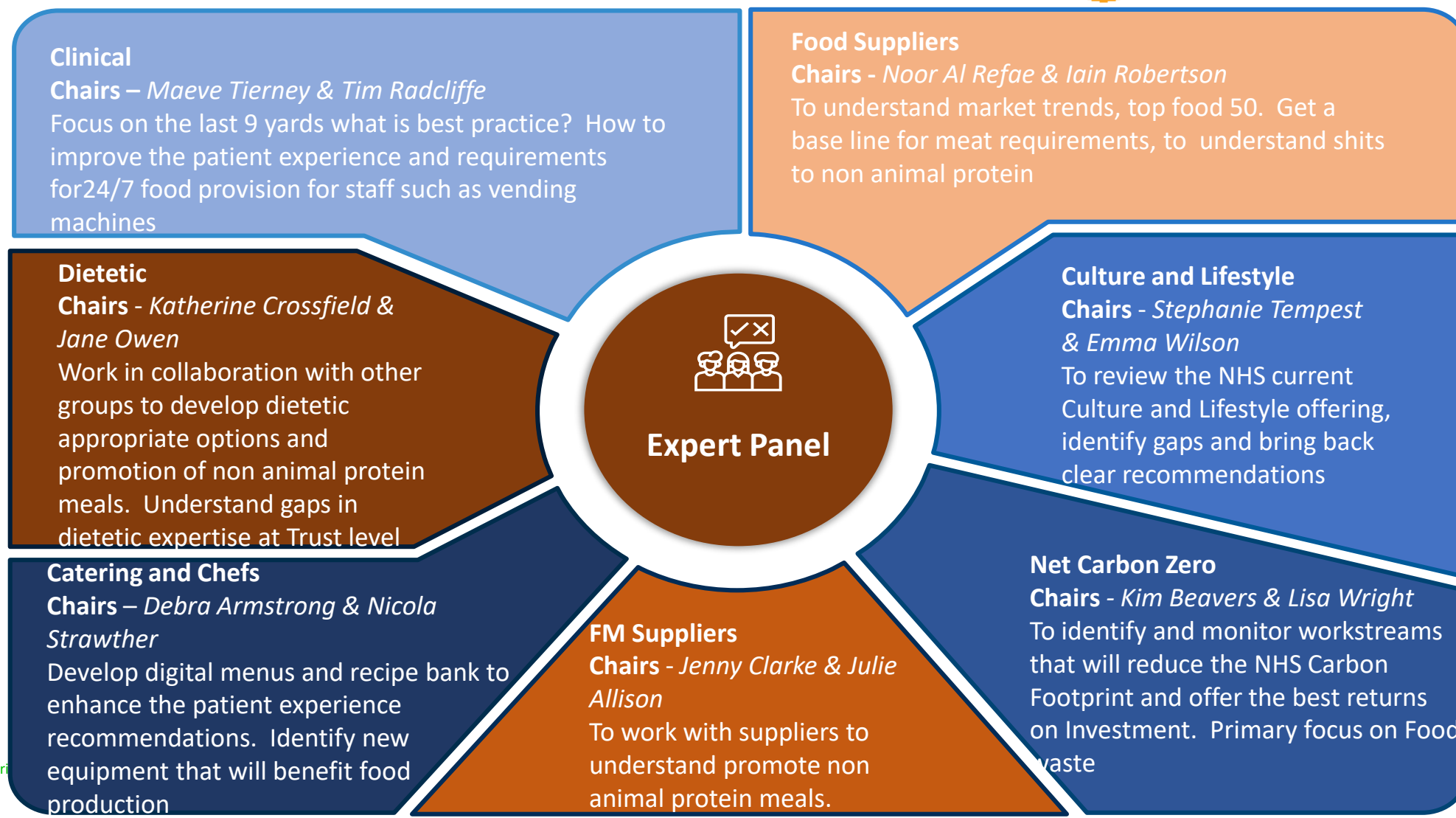
Senior Specialist Catering Dietitian, Leeds Teaching Hospitals Trust
Expert Panel Dietitian



Expert Panel Members

Role	Name	Trust
Clinician	Dr Maeve Tierney	University Hospital Southampton
Dietitians	Noor Al-Refae Katherine Crossfield	Cheswold Park Hospital (Forensic Mental Health) Leeds Teaching Hospital
Nurses	Stephanie Tempest Debra Armstrong Jenny Clarke	Mid Yorkshire Hospital NHS Trust Manchester Royal Eye Hospital Royal Stoke University Hospital
Caterers	Kim Beevers Lisa Wright Tim Radcliffe Julie Allison Nicola Strawther Iain Robertson Emma Wilson Jane Owen	Chesterfield Royal Hospital Northern Devon Healthcare NHS Trust East Lancashire Hospital Doncaster and Bassetlaw Teaching Hospital Nottingham University Hospital Solent NHS Sheffield Teaching Hospital Sandwell & West Birmingham NHS Trust Hospital





Dietetic Subgroup

- Subgroup members include:
 - Dietitians
 - Speech & Language Therapist
 - Allergy Specialists
 - Age UK
 - Malnutrition Task Force
 - British Specialist Nutrition Association



Dietetic Subgroup

- Creative ideas and good practice around mealtimes matter, flexibility of food provision, promotion of good nutrition
- Menus (including coding) in line with BDA Digest recommendations
- Training videos and modules
- Awards
- Fact sheets
- Nutritional Guides



Dietetic Subgroup

- Roadmap for the next three years
- Completed visits to Nottingham University Hospital and Royal Stoke University Hospital
- Planning visits. Consideration given to the information which will be provided to Trusts and requested from them in advance of visits, visit proforma, areas/ processes requested to be seen
- Liaising with other subgroups, especially in areas of cross over



Going Forwards

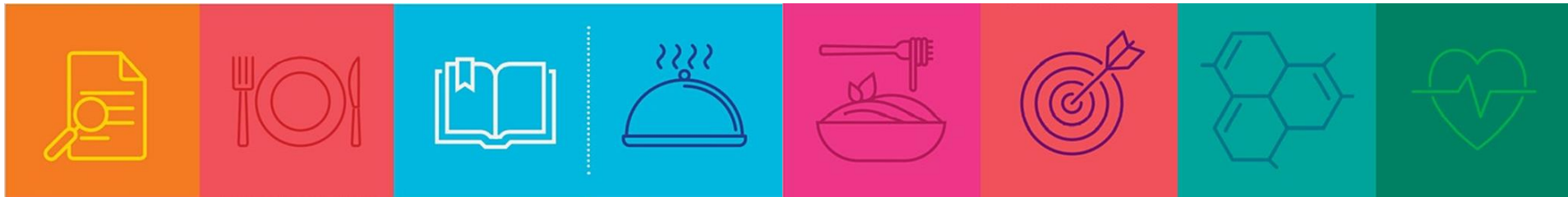
- Intention to request visits for January and March (Liverpool University Hospitals NHS Trust & University Hospitals of Derby and Burton)
- Enquiries being made regarding food service education provision for students, both in the classroom and on placement



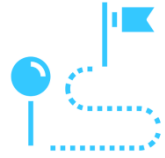
The Nutrition & Hydration Digest 3rd Edition Review

FSSG Study Day 2021 Update

Megan Hughes
LNWH Catering Dietitian



The timeline



- Feb 2021:** Formation of working group, allocation of roles
- Q2 2021:** Chapter brainstorming
- July 2021:** Stakeholder consultation event
- Nov 2021:** 1st drafts complete
- Q1/2 2022:** Final proofs complete
- Q2/3 2022:** Approvals & design
- Nov 2022:** Launch

BDA The Association of UK Dietitians

The Nutrition and Hydration Digest

Improving outcomes through food and beverage services

UPDATED FOR 2019
• New IDDSI framework
• Easy to chew coding
• Neutropenic diets
• Renal diets

2nd Edition



Key Updates

- **New online version** (in addition to printable PDF)
- **Improved layout:** more bullet points, tables, smart hyperlinks, practical examples
- **New chapter:** sustainability
- **New appendices:** example Catering Dietitian JD & PS and new role business case guidance
- **New printable reference table** summarising all the nutritional standards in the Digest



Key Updates

- **Expanded role of Dietitian into other areas:**
procurement, health and wellbeing
- **Updates to nutritional standards** to match latest guidance and evidence, inc. ↑Protein target
- **New menu code:** higher protein
- **Improved therapeutic diet section layout:** with FAQ style guidance & practical food suggestions



This time next year...

We'll be launching
the 3rd edition at
our 2022 study day!



Questions?

Please ask Emily, Kat or Megan any questions you have about their food service updates



Healthy Eating for Older Adults

Alison Smith & Vittoria Romano
BDA Older Peoples Specialist Group



Healthy eating or eating for health?



or



Adulthood - Keep healthy, prevent illness

Balanced, varied diet

Low fat

Low salt

Low sugar

High Fibre

5 a day

Limit alcohol

Achieve and maintain healthy BMI

Healthy Eating

Older age - Prevent malnutrition

Nutrient rich, balanced diet

Higher protein

Vitamins

Minerals

Hydration

Maintain weight at a healthy BMI

Eating for Health



Older age – If malnutrition occurs: recognise, identify & treat/manage

Nutrient dense diet

Nutrient dense food fortification

Hydration

Food based management



Healthy eating for older adults

6 Key Concepts

- Healthy body weight
- Importance of nutrient density
- Importance of hydration
- Importance of vitamin D
- Importance of activity (alongside nutrition)
- Joy in eating



Treating Malnutrition

NICE quality Standard 24 (2012) states:

“It is important that nutrition support goes beyond just providing sufficient calories and looks to provide all the relevant nutrients that should be contained in a nutritionally complete diet”



Questions?

Please ask Alison and Vittoria any questions you
have about healthy eating for older adults



Focus on Sustainability

Leanne McDowell, FSSG Co-Secretary
&
Joanna Instone, FSSG Resource Officer



Food and catering services in the NHS produces 1,543 ktCO₂e per year i.e. 6% of total emissions.

The One Blue Dot <https://www.bda.uk.com/resource/one-blue-dot.html> The BDA s
Environmentally Sustainable Diet Project - Published November 2018

NHS Net Zero <https://www.england.nhs.uk/greenernhs/a-net-zero-nhs/> Published
1/10/20

Report completed by the BDA sub-group of the wider AHP Sustainability Plan on food.
Dietitians from across different settings contributed - November 2020

Greener Health Professional Hub <https://www.england.nhs.uk/ahp/greener-ahp-hub/>
October 2021



Greener Allied Health Professional HUB

- Public Health and prevention
- Digital transformation and the application of technology
- Reducing the environmental impact of equipment, medicines and resources
- Food & Nutrition



Actions

- Consider the impact of AHP services on mealtimes and patient appetite
 - ‘Assisted meal times’ or ‘mealtimes matter’ – everyone involved
- Training and supporting all staff involved in meal times e.g. housekeepers, carers, ward hosts HCAs including
 - Raising awareness & understanding around sustainability
 - Its is everyone’s responsibility to tackle climate change
- Dietitians to get involved in menu planning with caterers and patients to maximise uptake, minimise plate waste and packaging waste
- Ward level food waste audits, measure, compare, reflect, plan, change
- Electronic ordering systems - technology to improve uptake, reduce waste and monitor patient satisfaction



How do we move forward ?

- Food service staff need to understand sustainability in order to make their service greener
- Bigger emphasis on sustainability in the Hospital Food Review, Government Buying Standards, Hospital Food Standards, Nutrition & Hydration Digest. *It is not going to go away!*
- How do we share greener practices?



Vegan Diets in Hospitals

Andrea Rymer
Dietitian at The Vegan Society
Andrea.rymer@vegansociety.com
nutrition@vegansociety.com



What are the benefits of offering vegan meals in hospitals?

- Vegan food can be enjoyed by most – omnivores, vegetarians, flexitarians, cultural diets
- Less risk of food-borne illnesses
- Plant-based diets could be the “single biggest way” to reduce environmental impact
- ‘Food is the single strongest lever to optimize human health and environmental sustainability on Earth... A diet rich in plant-based foods and with fewer animal source foods confers both improved health and environmental benefits..’
- ‘public sectors should take a strong lead by providing plant-based options in schools and hospitals’
- CQUIN Indicator 1b: Healthy food for NHS staff, visitors and patients - Opportunity to eat more fruit and vegetables, fibre and less saturated fat



How can we increase the uptake of vegan meals in hospitals?

- Using behavioural nudges can normalise eating behaviours and encourage healthier choices
- Avoid language bias and make use of dietary coding on menus
- Use of environmental labels may support more sustainable consumption
- Working with food suppliers and meal suppliers on plant-based products and recipe development
- Training – including catering teams, ward hosts/hostesses and healthcare professionals campaigns@vegansociety.com or nutrition@vegansociety.com



How can we provide higher protein and energy options for vegans?

- Quality plant-protein contains lysine e.g. beans, peanuts, lentils, chickpeas, soya.
- Use dense proteins for smaller appetites e.g. tofu, tempeh, soya mince, seitan, vegan Quorn™.
- Adding higher protein accompaniments can make useful protein contributions e.g. quinoa, wild rice, garden peas, sweetcorn, edamame beans.
- Higher protein snacks/finger foods can be spread out throughout the day e.g. fortified soya yoghurt, trail mix, soya custard, houmous with oatcake/breadsticks/pitta, apple slices with peanut butter, vegan sausage rolls/mini sausages/nuggets based on soya or pea protein.
- Nourishing drinks made using fortified milk alternatives based on soya or peas e.g. hot cocoa, vegan Horlicks, vegan milkshakes
- Nourishing soups can be achieved by using blended red lentils or silken tofu, or adding 1tbs nutritional yeast
- Aymes Actasolve smoothie is vegan trademarked and contains 298kcal, 10.7g protein



Meal	Current option	Alternative option
Break-fast	2 white toast with vegan spread and jam	2 wheat biscuits with soya milk and banana + 1 wholemeal toast with jam & peanut butter
	287kcal, 5.9g protein	522kcal, 18g protein
Lunch	Jacket potato and beans	Jacket potato with vegan chilli, side salad and soya chocolate dessert pot
	271kcal, 8.1g protein	619kcal, 33.3g protein
Dinner	Vegetable curry and rice	Lentil dahl, rice, broccoli and apple crumble and soya custard dessert
	362kcal, 10.6g protein	719kcal, 22.7g protein
Snacks	1 soya yoghurt 1 apple	2 oat cakes with 1tbsp hummus 1 soya yoghurt 30g mixed nuts and raisins
	169kcal, 5.5g protein	463kcal, 14.6g protein
Drinks	2 black coffees + water	Strawberry milkshake made with soya milk
	0kcal, 0g protein	88kcal, 7.1g protein
	<u>Total:</u> 1087kcal, 30.2g protein	<u>Total:</u> 2411kcal, 96g protein



References

- The power of 'nudge' Sabrina Ahmed 2021: <https://online.fliphtml5.com/wzjtc/hfwk/#p=63>
- Which Healthy Eating Nudges Work Best? A Meta-Analysis of Field Experiments. Cadario R, Chandon P.. Mark. Sci.. 2020 May 1;39(3):465-86. Paris, France.
- Aymes Actasolve Smoothie: <https://aymes.com/products/aymes-actasolve-smoothie>
- University of Oxford 'New estimates of the environmental cost of food' https://www.ox.ac.uk/news/2018-06-01-new-estimates-environmental-cost-food?utm_campaign=pbn&utm_medium=Social&utm_source=post
- The Committee on Climate Change (2020) The Sixth Carbon Budget: The UK's path to Net Zero. Available at The-Sixth-Carbon-Budget-The-UKs-path-to-Net-Zero.pdf
- NHS staff health & wellbeing: CQUIN 2017-19 Indicator 1 Implementation Support: staff-health-wellbeing-cquin-2017-19-implementation-support.pdf (england.nhs.uk)
- Summary Report of the EAT-Lancet Commission: https://eatforum.org/content/uploads/2019/01/EAT-Lancet_Commission_Summary_Report.pdf



Resources

- Catering in hospitals: www.vegansociety.com/cateringforeveryone
- Vegan Nutrition: www.vegansociety.com/nutrition
- Supplementation: www.vegansociety.com/VEG1
- Balanced Recipes: www.vegansociety.com/thriving
- Vegan on a budget: www.vegansociety.com/liveveganforless
- Vegan rights: www.vegansociety.com/rights
- Planetary health: www.plateupfortheplanet.org



Questions?

Please ask Leanne, Jo and Andrea any questions
you have about sustainability in food service



Thank you for joining the FSSG Study Day

If you are an FSSG member we will be holding our AGM after
a **10 minute comfort break**.

The recording of the study day and our AGM will be available on
the FSSG members page of the BDA website.

If you are not an FSSG member but would like access to the
recording or have any questions, please email
elise.kelly@uk.issworld.co.uk



FSSG AGM

1. Apologies
2. Minutes of 2020 AGM
3. Chair's report
4. Financial report
5. Membership report
6. Ratification of committee members
7. AOB

